Comparison of professional wrestling and mixed martial arts

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Professional wrestling and mixed martial arts (also known as MMA) both combine grappling and strikes. In MMA, fights are competitions, in contrast to professional wrestling where the outcomes and moves performed are often scripted or predetermined. Despite this difference, several people have competed in both professional wrestling and MMA.

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Comparison [edit source]

Professional wrestling could be considered a performance art which combines athletics with theatrical performance.[1] Matches are contested on a pre-determined basis, where the fight on display is merely for entertainment purposes. Viewers are integral to a professional wrestling match, as the audience is who the action is for. Professional wrestling mixes many styles of amateur wrestling, striking and showmanship to display a fight, whilst the two performers work together to achieve a "worked" fight. Professional wrestling was first popularized in the 19th century Europe as a carnival attraction.

Mixed Martial Arts, is a hybrid of many types of physical full-contact sports; including wrestling, boxing and Martial Arts, such as Brazilian Jiu-Jitsu. The early 1990s saw the Ultimate Fighting Championship popularize the term "Mixed Martial Arts", for such a bout. Competitors in MMA are generally skilled in many different styles, however, it is possible to be only proficient in one type of combat. As some professional wrestling moves are simply worked versions of legitimate holds, there can be a crossover between the two.[2]

Possibly the most successful crossover pro wrestler and MMA competitor is Brock Lesnar, who has won the world championships in both the WWE[3] and UFC.[4][5] Other wrestlers to have won world championships in both MMA and Pro Wrestling include Bobby Lashley (Shark Fights Heavyweight Championship[6] as well as the Impact Global Championship[7]), and UFC Hall of Famers Dan Severn and Ken Shamrock, who won the UFC Superfight Championship and the NWA World Heavyweight Championship.

Rivalry [edit source]

Since MMA's rise to prominence in the 1990s, some pro wrestlers or MMA fighters have been cynical against the other's profession. This can be an attack on the sport as a whole, or acting as a fan dismissing certain actions within that sport.[8]

MMA records of professional wrestlers [edit source]

Below is a list of professional wrestlers to have appeared in an official Mixed Martial Arts match, and their career win/loss record.[*citation needed*]

Men [edit source]

Name	Nationality	W	L	D	Ref
Tank Abbott	USA	10	15	0	
Peter Aerts	NLD	1	2	0	
Aaron Aguilera	USA	0	1	0	
Akebono	USA/JPN	0	4	0	[9]
Schuyler Andrews	USA	2	1	0	
Yoji Anjo	JPN	0	5	1	[10]
Shinya Aoki	JPN	46	9	1	[11]
Josh Barnett	USA	33	7	0	
Phil Baroni	USA	16	19	0	[12]
Dave Bautista	USA	1	0	0	
Scott Bigelow	USA	0	1	0	
Dan Bobish	USA	17	9	0	
Stephan Bonnar	USA	15	9	0	
William Brenneman	USA	0	1	0	
Canek	MEX	1	0	0	
Dos Caras Jr.	MEX/USA	9	6	0	
Anthony Carelli	CAN	0	1	0	
Tim Catalfo	USA	4	2	0	
Mark Coleman	USA	16	10	0	
Don Frye	USA	20	9	1	
Katsuhisa Fujii	JPN	9	18	1	[13]
Kazuyuki Fujita	JPN	18	14	0	[14]
Masakatsu Funaki	JPN	40	13	2	[15]
Jack Gallagher	UK	2	0	0	
Matt Ghaffari	IRN/USA	0	1	0	
Rodney Glunder	NLD	25	20	3	[16]
Gerard Gordeau	NLD	2	2	0	[17]
Jake Hager	USA	3	0	1	
Tony Halme	FIN	0	4	0	
Volk Han	RUS	21	8	1	
Tom Howard	USA	0	8	0	
Mark Hunt	NZL	13	14	1	
Quinton Jackson	USA	38	14	0	
Nathan Jones	AUS	0	1	0	
Kid Kash	USA	0	1	0	
Yusuke Kawaguchi	JPN	18	12	0	
Mark Kerr	USA	15	11	0	
Kōji Kitao	JPN	1	2	0	
Yujiro Kushida	JPN	6	0	2	
Bobby Lashley	USA	15	2	0	
Muhammed Lawal	USA	21	6	1	
Jérôme Le Banner	FRA	3	3	0	
Brock Lesnar	USA/CAN	5	3	1	
Jushin Thunder Liger	JPN	0	1	0	
Rodney Mack	USA	1	1	0	
Carl Malenko	USA	6	4	0	
Daijiro Matsui	JPN	12	28	6	
Justin McCully	USA	11	5	2	
Taka Michinoku	JPN	0	1	0	
Ikuhisa Minowa	JPN	64	42	8	
Nick Mitchell	USA	0	1	0	
Kazunari Murakami	JPN	5	5	0	
Shinsuke Nakamura	JPN	3	1	0	
Yuichiro Nagashima	JPN	4	3	0	
Yuji Nagata	JPN	0	2	0	
Jan Nortje	ZAF	2	6	0	
Giant Ochiai	JPN	3	3	2	
Naoya Ogawa	JPN	7	2	0	
Sean O'Haire	USA	4	2	0	
Tito Ortiz	USA	21	12	1	
Alexander Otsuka	JPN	5	13	0	
Craig Pittman	USA	2	2	0	
Mike Polchlopek	USA	1	1	0	
Daniel Puder	USA	8	0	0	
CM Punk	USA	0	2	0	
Kevin Randleman	USA	17	16	0	
Jeremiah Riggs	USA	7	7	0	
Matthew Riddle	USA	8	3	2	
Bas Rutten	NLD/USA	28	4	1	
Kazushi Sakuraba	JPN	26	15	1	
Yukio Sakaguchi	JPN	6	7	1	
Dolgorsürengiin Serjbüdee	MNG	1	0	0	
Naoki Sano	JPN	0	4	0	
Bob Sapp	USA	11	16	0	
Kensuke Sasaki	JPN	2	0	0	
Masaaki Satake	JPN	1	8	1	
Hikaru Sato	JPN	24	23	4	
Gzim Selmani	NLD	4	2	0	
Dan Severn	USA	101	19	7	
Ken Shamrock	USA	28	17	2	
Katsuyori Shibata	JPN	4	11	1	
Akira Shoji	JPN	14	17	5	
Paulo Cesar Silva	BRA	2	6	0	
Shinichi Suzukawa	JPN	2	4	0	
Minoru Suzuki	JPN	30	20	0	
Tim Sylvia	USA	31	10	0	[18]
Nobuhiko Takada	JPN	2	6	2	
Yoshihiro Takayama	JPN	1	4	0	
Sylvester Terkay	USA	3	1	0	
Frank Trigg	USA	21	9	0	[19]
Bart Vale	USA	1	2	0	
Paul Varelans	USA	9	9	0	[20]
Wakashoyo	JPN	0	6	1	
Ron Waterman	USA	16	6	2	
Steve Williams	USA	0	1	0	
Tadao Yasuda	JPN	2	4	0	
Naofumi Yamamoto	JPN	0	1	0	
Yoshihisa Yamamoto	JPN	14	25	1	
Emmanuel Yarbrough	USA	1	2	0	

Women [edit source]

Name	Nationality	W	L	D	Ref
Daria Berenato	USA	2	1	0	
Shayna Baszler	USA	15	11	0	
Melissa Cervantes	MEX	0	1	0	[21]
Jessamyn Duke	USA	3	5	0	
Jesslen Mishelle Saenz (aka Desi Derata)	USA	2	0	0	[22] [23]
Ronda Rousey	USA	12	2	0	
Le'D Tapa	USA	0	2	0	

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